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# HOMEMAKERS' CHAT

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U. S. DEPARTMENT  
OF AGRICULTURE  
OFFICE OF INFORMATION

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SUBJECT: "Greens" - Information from food specialists of the U. S. Department of Agriculture

Back in pioneer days...folks used to get mighty hungry for a "mess of wild greens"...before the first poke and dock...dandelions and sorrel...were ready to be picked in the spring.

Nowadays...we're more fortunate. We can include greens in our meals right through the winter. Don't need to worry about variety either. Not when we can choose from cabbage..spinach..broccoli...escarole..kale..collards..beet tops and turnip greens.

Even so...a dish of greens still gives a springtime lift to a meal. Greens are good for us too. They're rich in vitamin A and they're good sources of vitamin C and iron.

There's a trick to cooking greens so they're bright and tender. Home economists of the U.S. Department of Agriculture say there are just two points to keep in mind. First - cook greens while they're fresh. And second - cook them quickly.

How long does it take to cook greens tender? Well..here are the approximate boiling times - spinach and shredded cabbage need only five to 10 minutes. That's if you cover the pan. Quartered cabbage will cook tender in 10 to 15 minutes. Turnip greens in from 10 to 20 minutes..collards in about 20 minutes. ...kale.. 10 to 25 minutes. Broccoli may take 15 to 25 minutes. So..you see..you don't have to wait on greens to cook a long time when you plan a hurry-up meal.

As a rule...you don't need to add water when you cook greens. There will be enough water clinging to the greens from the washing. When the greens are cooked tender..season them with salt and meat drippings or other fat...and serve at once.

Just one thing more...be sure you save the pot liquor if there's any left. It has valuable vitamins and minerals dissolved in it. Use it in soup...gravy or vegetable cocktail.

